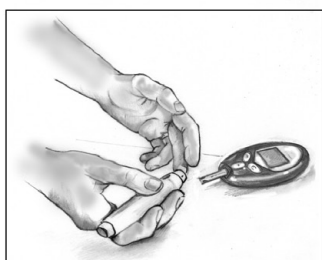


## How can I check my blood glucose numbers?

You can check your blood glucose numbers at home using a blood glucose meter. Your health care team can teach you how to

- prick your finger to get a drop of blood for testing
- use your meter to find out the glucose level in the drop of blood



The results of your blood glucose checks can help you make decisions about your diabetes medicines, daily meals and snacks, and physical activity.

Ask your health care team when and how often you need to check your blood glucose. Self-tests are usually done before meals, after meals, and at bedtime.

Your blood glucose test results will help you and your health care team make a plan for keeping your blood glucose under control.

Keep track of your blood glucose test results by using a record page.

- Make copies of the record page at the end of this booklet or ask your health care team for a blood glucose record book.
- Always bring your record book to your checkups so you can talk with your health care team about reaching your target blood glucose levels.

Or you may be able to use an electronic blood glucose tracking system on the Internet or on your cell phone.

